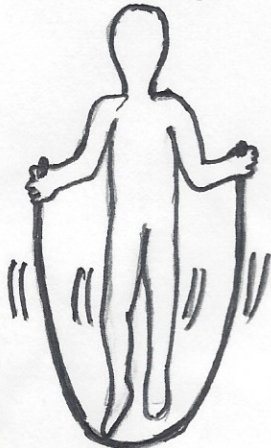


Steps



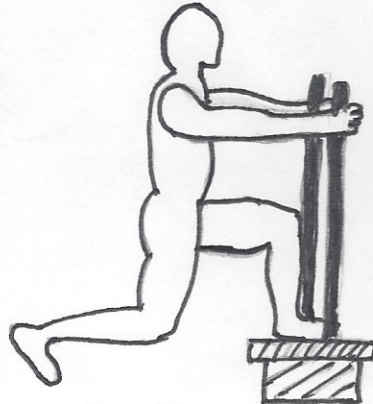
15x pro Bein

Seilspringen



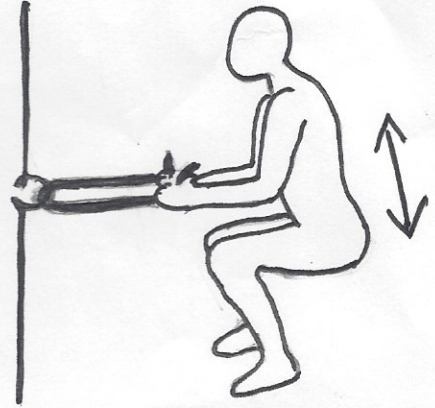
2-5 min.

Schrittbeuge



10-15x pro Bein

Knie beuge



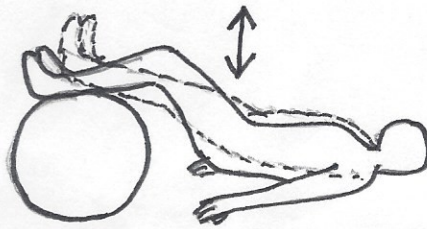
20-25 x

Wadenpumpe



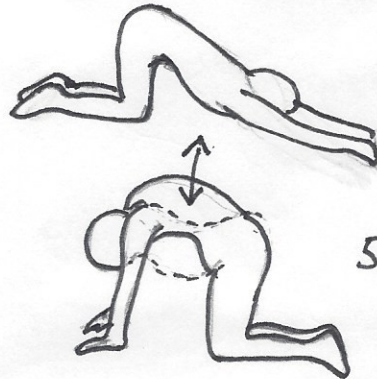
20-25 mal

Beckenpumpe

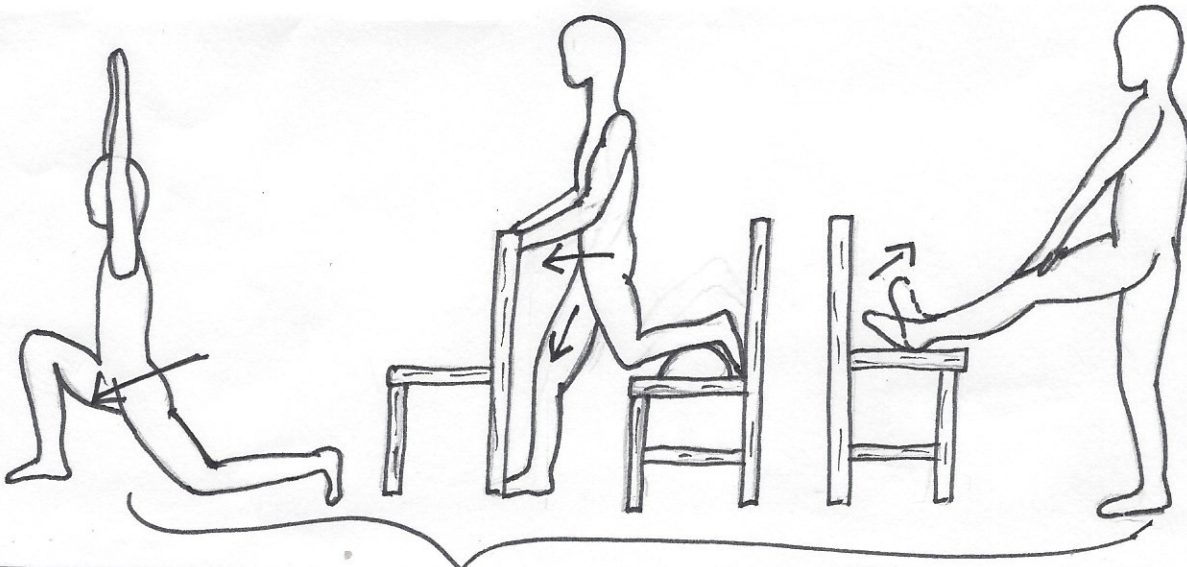


15-25 x

10 sec. halten



5-10 x



jeweils 10sec. halten 6x pro Seite